

### Caffeine Craze

Can the stuff that keeps you awake actually be making you sleepier?

Do you feel tired during the day? Do you have trouble waking up in the morning and falling asleep at night? When you feel tired, what is the first thing you do? You probably grab a cup coffee, or a soda or tea, or even an energy drink like Red Bull. What is it about these drinks that get us going on a tough day? Caffeine! Why do we like caffeine so much? Well, it acts as a stimulant. It makes us feel awake and full of energy. The problem is that while caffeine can help you stay awake when you need to, it can also cause you to stay awake when you ought to be sleeping!

A study published in *Pediatrics* in January of 2003, The Journal of the American Academy of Pediatrics, found that among 7<sup>th</sup> - 9<sup>th</sup> graders, those who consumed more than 63 mg of caffeine a day (which is about ½ cup of coffee) slept less at night. It is already difficult to get the 9-10 hours of sleep that a teenager needs, especially when high schools start early in the morning. Adding caffeine into the picture makes it even more difficult since it causes you to feel awake at night and may also make it difficult to fall and stay asleep. This eventually causes you to be more tired than you were. Studies also show that students who earn A's and B's tend to get 1 hour more of sleep a night than students that earn D's and F's. So, if you are losing sleep because caffeine is keeping you charged up at night, you might actually be hurting your grades!



So, how much caffeine is too much? Most researches suggest keeping caffeine intake **under 100 mg a day**. To help you figure out how much you are getting, here is the caffeine content of some common foods and drinks.

#### Coffee / Tea Drinks

- Coffee (5 oz. Cup - Very Small Cup): 110 - 150 mg
- Starbucks Coffee (16 oz.): 300 - 550 mg
- Starbucks Frappacino (8 oz.): 82 mg
- Decaf Coffee: 2 - 5 mg
- Ice Tea (12 oz.): 28 - 44 mg
- Instant Tea (5 oz.): 12 - 29 mg

#### Other Treats

- Hot Cocoa (5 oz.): 2 - 15 mg
- Chocolate Milk (8 oz): 8 mg
- Dark/Semi Sweet Chocolate (1 oz): 5 - 35 mg
- Chocolate Cereal: 1 - 11 mg
- Coffee Ice Cream (1 cup): 30 - 60 mg

#### Energy Drinks

- SoBe Power / Energy / Adrenaline Rush (16 oz.): 86 - 115 mg
- Red Bull (8.2 oz.): 80 mg

#### Cola / Soda (12 ounces)

- Jolt: 71.2 mg
- Sundrop: 63 mg
- Mountain Dew: 55 mg
- Dr. Pepper / Mr. Pibb: 41mg
- Pepsi: 37.5 mg
- Diet Pepsi: 36 mg
- Coca-Cola: 34 mg
- Diet Coke: 45.6 mg

See Back For Tips On  
"How To Quit  
Caffeine"



## How to Quit Caffeine

If you are drinking several caffeinated beverages a day, you should consider cutting back. Here are some tips to help you do this.

1. Go slowly! If you are drinking large amounts of caffeine, you could have severe withdrawal if you try to give it all up at once. Wean yourself gradually by replacing one or two drinks a day with decaf options.
2. Start replacing drinks during times of the day when you are not as dependent on them. For example, if you cannot get going in the morning without caffeine, you may want to start with the drinks during another time of day or go to half caf before totally giving it up.
3. Here are some beverage choices that are lower in caffeine: decaf coffee, caffeine free Coke, Diet Coke, Pepsi, Diet Pepsi, or Sprite, 7-UP or Diet Rite Cola (they make many other sodas in caffeine free varieties, so check them out at the store); decaf tea, water, and hot chocolate.
4. Many coffee shops will allow you to order specialty drinks made with decaf instead of regular.
5. Instead of grabbing a coffee in the morning or evening and skipping a meal, try eating more regularly. Sometimes fatigue sets in because we are not eating regularly and/or eating the wrong types of foods. Regular meals will keep your blood sugar level stable and allow you to have more energy. Here are some tips for choosing high energy foods:
  - a. Whole grain breads, rices, pastas, cereals, crackers and bagels are good sources of carbohydrates that give the body energy
  - b. Avoid sweet or sugary foods like candy and candy bars, cookies, pies, cakes, sugary cereals, pastries, toaster pastries, and juice or soda drinks. They give you an initial rush and then leave you tired.
  - c. Fruits
  - d. Yogurt or milk
  - e. Whole grain granola bars made with fruits and nuts (not the kind made with marshmallows and chocolate)
  - f. Whole grain cereal bars
  - g. Pretzels or baked chips
  - h. Nuts



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"Remember, if you ever need a helping hand, you'll find one at the end of your own arm. As you grow older, you will discover that you have two hands. One for helping yourself, the other for helping others"



- Audrey Hepburn



## BACK TO SCHOOL

School starts back for all three school systems on Thursday, August 25th. We wish everyone a happy, healthy school year.

Come by and visit the **Totally Teens Mobile Unit** at the **Old Soldier's Reunion** in downtown Newton on **Thursday, August 18th from 9am to 6pm**. Get some great information from a number of teen-friendly agencies in Catawba County, get some free giveaways, and **REGISTER TO WIN** a number of really cool prizes.

## Notice to Patients and Visitors:

Effective July 5, 2005, the Catawba County Health Department will implement a new 100% tobacco free policy.

This policy states that no employee, patient, or visitor will be permitted to use any tobacco product at any time, including non-operational hours, in any building, facility, vehicle, or on any grounds or property - including parking lots - owned, leased, rented, or chartered by the Catawba County Health Department.

For the purposes of this policy, "Tobacco Product" is defined as cigarettes, cigars, blunts, bidis, pipes, chewing tobacco, snuff, and other items containing or reasonably resembling tobacco or tobacco products. "Tobacco Use" includes smoking, chewing, dipping, or any other use of tobacco products.

